“Making the Most of your Mentor”

Once you have arranged to meet with your mentor in a comfortable environment, here are some tips - some topics and questions - to get the conversation going.

1. Your career and life goals.
   Share your IDP (individual development plan) with your mentor/s. This should be revised yearly - think of it more as a (my) Annual Plan (MAP!)

2. Teaching
   What sort of teaching should I be doing? How do I build a good lecture list?
   How do I find out whether my lectures are well received?
   How do I get more training in lecturing?
   How do I get involved? How do I get invited to speak at meetings/CME courses?

3. Research
   How do I get access to / create research opportunities?
   How do I start collaborations with clinicians?
   I can't seem to get papers going - are there any courses to help me plan? To write?

4. Service
   What committees should I be involved with?
   How do I get involved with my Radiology societies?
   How often should I be reviewing articles for journals? Which journals?

5. Day to Day – Job Satisfaction
   I don’t know how to deal with Dr X – can you help me?
   I am not getting protected research time – can you help me?
   I don't know how to prioritize projects / time / work /life – can you help me?

6. CV Development
   How does my CV look?
   Where it is lacking or not well articulated?
   To give your mentor/s ‘read-only’ access to your CV on UCSF Advance:
     • Go to Advance.ucsf.edu
     • Beneath your name, select the blue title word “Proxy”
     • Type in the name of your mentor and select Search
     • Select the mentor, they will be added to your proxy access list, then check the box marked “Read”, and “Save”.
     • At any time you can edit this.

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